

## Vegetables with a Touch of Lemon

This heart-healthy sauce uses lemon juice, herbs, and a small amount of oil.

### Ingredients

- ½ small head cauliflower, cut into florets
- 2 cups broccoli, cut into florets
- 2 Tbsp lemon juice
- 1 Tbsp olive oil
- 1 clove garlic, minced
- 2 tsp fresh parsley, chopped



### Directions:

1. Steam broccoli and cauliflower until tender (about 10 minutes).
2. In a small saucepan, mix the lemon juice, oil, and garlic, and cook over low heat for 2 or 3 minutes.
3. Put the vegetables into a serving dish. Pour the lemon sauce over the vegetables. Garnish with parsley.

Yield: 6 servings

Serving size: ½ cup

Each serving provides:

Calories: 22

Total fat: 2 g

Saturated fat: less than 1 g

Cholesterol: 0 g

Sodium: 7 mg

Calcium: 10 mg

Iron: less than 1 mg

Fiber: 1 g

Protein: 1 g

Carbohydrate: 2 g

Potassium: 49 mg

<http://www.nhlbi.nih.gov/health/public/heart/other/syah/veglemon.htm>